OMRON

INSTRUCTION MANUAL

Pedometer
Model: HJ-321

HJ-321-Z
5331669-1A

INTRODUCTION

Thank you for purchasing the OMRON® HJ-321 Pedometer.

Fill-in for future reference
DATE PURCHASED: _____

- **Staple your purchase receipt here**
- **Register your product online at www.register-omron.com**

This Pedometer features advanced 3D Smart Sensor technology - so it knows exactly when you're taking a step. It's more accurate than other pedometers which use a simple pendulum design. Use this in your pocket, bag or on your hip for added convenience. The seven day memory helps you keep track of your daily activity to help you reach your fitness goals. Use this unit everyday to monitor your fitness achievements!

Your Pedometer comes with the following components:

Pedometer
Battery (CR2032 installed)
Screwdriver
Holder
Instruction Manual

Please read this instruction manual thoroughly before using the unit. Please keep for future reference.

IMPORTANT SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
⚠WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
⚠CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

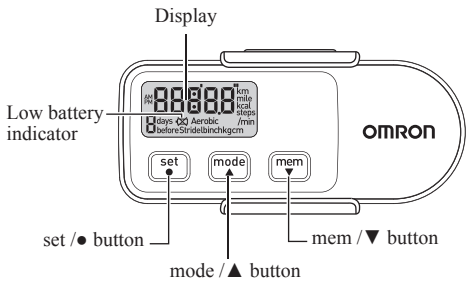
- ⚠ Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
- ⚠ Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
- ⚠ Please use caution when wearing the unit around your neck so as to avoid possible strangulation. Do not place the unit around the neck of children.
- ⚠ If battery fluid gets in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
- ⚠ Read all information in the instruction manual and any other literature included in the box before using the unit. Operate the unit only as intended. Do not use for any other purpose.
- ⚠ If battery fluid gets on your skin or clothing, immediately rinse with plenty of clean water.
- ⚠ Do not insert the battery with the polarities in the wrong direction.
- ⚠ Do not throw the battery into fire. The battery may explode.
- ⚠ Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

CARE AND MAINTENANCE

- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the unit to strong shocks, such as dropping the unit on the ground.
- ⚠ Do not submerge the unit or any of the components in water.

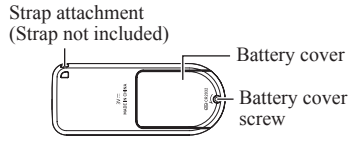
KNOW YOUR UNIT

Front of unit



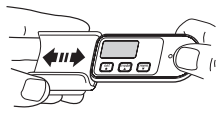
NOTE:
Remove the protective film from the face of the display.

Back of the main unit



Components

Holder
Attach/remove the holder as illustrated below.



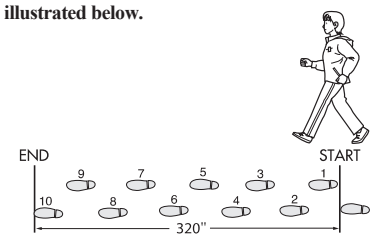
NOTE:
When attaching the holder, do not grip it strongly at the top and bottom.

STRIDE LENGTH MEASUREMENT

Measure your stride length before setting the pedometer.

How to measure your stride length

1. **Walk 10 steps with your normal stride as illustrated below.**



2. **Measure the distance from START to END in inches.**
3. **Calculate your stride length by dividing the total distance by 10.**

Example:
Total distance = 320"
320 ÷ 10 = 32 inches (2 feet 8 inches)

Conversion Chart
12 inches = 1 foot
24 inches = 2 feet
36 inches = 3 feet
48 inches = 4 feet

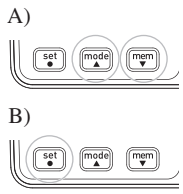
SETTINGS

The unit comes with the battery installed. When you use the unit for the first time, follow the steps below. For setting range details refer to "SPECIFICATIONS".

NOTE:
If the initial settings are not correct, the measurement results may not be accurate.

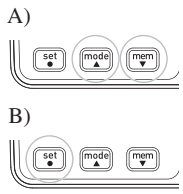
1. **Press and hold [set], [mode] or [mem].**
After the following display, "lb" and "kg" flash on the display.

2. **Setting the weight units.**
A) Press [mode] or [mem] to select the mode.
B) Press [set] to confirm the setting.



3. **To set the height/stride length unit, repeat steps A) and B) in step 2 above.**
4. **To set the distance unit, repeat steps A) and B) in step 2 above.**
5. **To set the time display, repeat steps A) and B) in step 2 above.**
6. **Setting the weight.**
A) Press [mem] or [mode] to select the desired value for a setting.
   - Press [mem] ([mode]) to advance (go back) one.
   - Hold [mem] ([mode]) down to advance (go back) rapidly.

B) Press [set] to confirm the setting.



7. **To set the height, repeat steps A) and B) in step 6 above.**
8. **To set the stride length, repeat steps A) and B) in step 6 above.**
9. **To set the hour setting, repeat steps A) and B) in step 6 above.**
10. **To set the minute setting, repeat steps A) and B) in step 6 above.**

All the settings are completed.

Adjust the settings

1. **Press and hold [set].**
"lb" and "kg" flash on the display.
2. **Follow the procedure from step 2 of "SETTINGS".**

USING THE UNIT

The unit accurately counts in a pocket, bag or anywhere you want to put it. The unit may be placed in the upper front pocket of your clothing, in the front pocket of your pants, in a bag, or attached to your belt or pants, or hang it from your neck.

1. **Simply bring the unit with you wherever you go.**

   NOTE:
   In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.

2. **Press [mode] to read the data.**

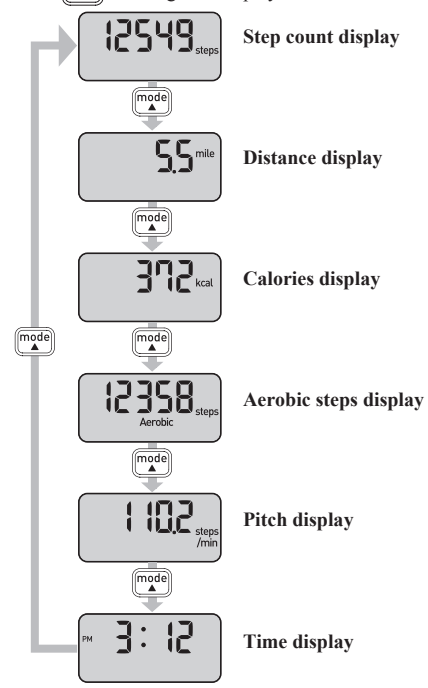
The unit may not count steps correctly in the following conditions:

1. **The unit moves irregularly.**
   - When the unit is placed in a bag and a bag moves irregularly.
   - When the unit swings from your belt, the top of your pants or a bag.
2. **Walking at an inconsistent pace.**
   - When you shuffle or wear sandals.
   - Starting and stopping or other forms of inconsistent walking.
3. **Up and down movement.**
   - Standing up and/or sitting down movement.
   - Playing sports other than walking.
   - Ascending or descending movement on stairs or on a steep slope.

4. **Vibrations from a moving vehicle.**
   - Such as riding a bicycle, automobile, train or bus.
5. **Walking extremely slowly.**

READING THE CURRENT DISPLAY

Press [mode] to change the display.



Calories
By measuring the intensity of your activity, the unit can calculate the amount of calories burned.

Aerobic steps
Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of "a continuous walk".

Pitch
The average number of Aerobic steps per minute is displayed. The faster you walk, the more calories you will burn.

The battery saving mode (sleep mode)
After 5 minutes with no button being pressed, the message "sleep" appears, then the display will automatically turn off. However, the unit continues counting steps. This mode extends the battery life.
Press [set], [mode] or [mem] to activate the display again.

MEMORY FUNCTION

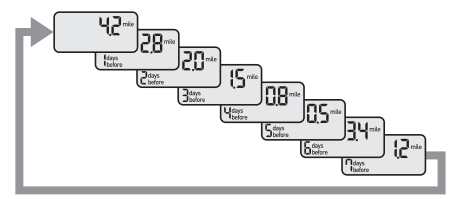
The unit stores 7 days of measurements for steps, distance, calories, aerobic steps and pitch.
The current day's data is automatically stored in memory when the time reaches 12:00AM. The display will return to 0.

NOTE:
The time must be correctly set in the unit.

1 **Press [mode] to select the type of measurement you want to see (steps, distance, etc.)**
2. **Press [mem] to view the results (days 1-7) in memory.**

The display changes with each press of [mem] as shown below.

- Keep [mem] pressed to automatically change the display until the current display is displayed.



NOTE:
If no button is pressed for more than 1 minute, the display will return to the current day's data.

BATTERY LIFE

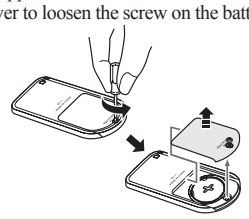
If the ⊠ symbol blinks or appears on the display, replace the battery with a new (CR2032) battery.
If the battery is removed, the settings and all measurement values will be deleted. Please reset the settings (refer to "SETTINGS").

NOTES:

- If you want to keep any of the measurement values, make a note of them before removing the battery.
- The supplied battery is for initial use. The battery life may be shorter.

BATTERY REPLACEMENT

1. **Loosen the screw of the battery cover on the back of the unit. Remove the battery cover by pulling it off in the direction of the arrow.**
   Use the supplied screwdriver or use a small screwdriver to loosen the screw on the battery cover.



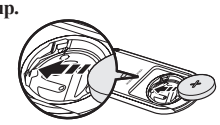
2. **Remove the battery with a toothpick.**

NOTE:
DO NOT use a pair of metal tweezers or any metal object such as a small screwdriver.

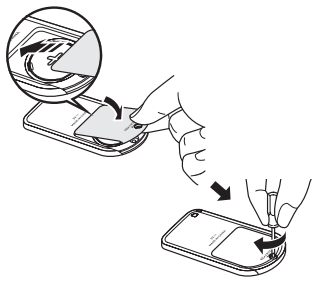
⚠CAUTION
Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

⚠CAUTION
Do not throw the battery into fire. The battery may explode.

3. **Insert the battery (CR2032) with the positive (+) side face up.**



4. **Replace the battery cover by sliding the catch in first, then tighten the screw.**



CARE AND MAINTENANCE

To keep the unit in the best condition and protect the unit from damage follow the directions listed below:

⚠CAUTION
Do not disassemble or modify the unit.
Changes or modifications not approved by Omron Healthcare will void the user warranty.

Clean the unit with a soft dry cloth.
Do not use any abrasive or volatile cleaners.

Do not immerse the unit or any of the components in water.
The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

Store the unit in a safe and dry location.
Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

Do not subject the unit to strong shock, drop, or step on it.

Replace a worn battery with a new one immediately.

Remove the battery if the unit will not be used for three months or longer.

Use of the unit must be consistent with the instructions provided in this manual.

TROUBLESHOOTING TIPS

Problem	Probable Cause	How to Correct
The low battery indicator blinks or appears continuously.	The battery is low or worn.	Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".
Nothing is displayed.	Battery saving mode active.	Press either of (set), (mode ▲) or (mem ▼), refer to "About the battery saving mode (sleep mode)" in "READING THE CURRENT DISPLAY".
	The polarities of the battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignement, refer to "BATTERY REPLACEMENT".
	The battery is worn.	Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".
The displayed values are incorrect.	The unit is positioned incorrectly.	Refer to "The unit may not count steps correctly in the following conditions:".
	Irregular movement. Inconsistent pace. Up and down movement.	
	The set values are wrong.	Check the settings, refer to "SETTINGS".
The display is unusual or the buttons do not operate normally.		Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".

NOTE:
If a malfuncion has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend that you record measurement results.

SPECIFICATIONS

Model:	**HJ-321 (HJ-321-Z)**	
Power Supply:	3VDC (1 lithium battery CR2032)	
Measurement Range:	Steps:	0 to 99,999 steps
	Distance:	0.0 to 3,725.9 miles / 0.0 to 5,999.9 km
	Activity calories:	0 to 59,999 kcal
	Aerobic steps:	0 to 99,999 steps
	Pitch:	0 to 9,999.9 step/min (in increments of 0.1 step/min)
	Time:	12:00AM to 11:59PM / 0:00 to 23:59
Memory:	Previous 7 days on display	
Setting Range:	Time:	12:00AM to 11:59PM / 0:00 to 23:59
	Weight:	22 to 300 lb (in increments of 1 lb) / 10 to 136 kg (in increments of 1 kg)
	Height:	3'4" to 6'6" (in increments of 1 inch) / 100 to 199 cm (in increments of 1 cm)
	Stride length:	12" to 48" (in increments of 1") / 30 to 120 cm (in increments of 1 cm)
Operating Temperature/ Humidity:	14°F to 104°F (-10°C to +40°C) / 30% to 85% RH	
Battery Life:	Approx. 6 months* (When used for 12 hours a day) **NOTE:** The supplied battery is for initial use. This battery can run out within 6 months.	
External Dimensions:	Approx. 3"(w) × 1 3/4"(h) × 3/8"(d) (75 mm × 31 mm × 8 mm)	
Weight:	Approx. 0.7 oz (battery included)	
Contents:	Pedometer, Holder, Battery (CR2032 installed), Screwdriver, and Instruction manual	

- Specifications are subject to change without notice.

* New battery life based on OMRON testing.

FCC STATEMENT

NOTE:
POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.
However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and the receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioeléctriques applicables aux appareils numériques de Clase B prescrites dans la norme sur le materiel brouilleur:
"Appareils Numériques", ICES-003 édictée par le minister des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

LIMITED WARRANTY

Your OMRON HJ-321 Pedometer, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any Pedometer covered by the above warranties.
Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron's Customer Support at 1-800-634-4350. Information for warranty service is available on our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at: www.omronhealthcare.com
Call toll free: 1-800-634-4350

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